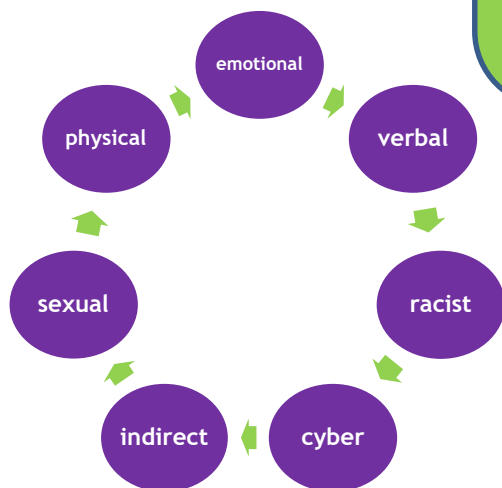




Stop Bullying know what to do



Are You Being Bullied?

TRY TO –

- ❖ Look the bully in the eye and tell them to go away
- ❖ Ignore the bully
- ❖ Walk away
- ❖ Act as though you don't care what they say or do
- ❖ REMEMBER it is not your fault
- ❖ TELL SOMEONE

TRY NOT TO –

- ❖ Do what the bully says
- ❖ Look upset or cry
- ❖ Get angry
- ❖ Get into an argument
- ❖ Retaliate

Bullying is –

When someone deliberately hurts, frightens or upsets you on purpose.

It can happen –

In the classroom, in the corridor, in the toilets, in the playground and on your way to and from school. It can also happen online or on your mobile phone.

REMEMBER

If you are being bullied,

It's **NOT** your fault!

Keeping quiet won't help you to feel happy again, and the bully gets away with treating people badly.

You can tell –

- ❖ A friend
- ❖ Your family
- ❖ An adult in school
- ❖ Someone else you trust

They will –

- ❖ Listen to you
- ❖ Take you seriously
- ❖ Give you advice
- ❖ Make sure you are safe
- ❖ STOP the Bully
- ❖ Check it doesn't start

REMEMBER

No-one has the right to make someone else feel unhappy –

STOP BULLYING